

ROCHESTER YOUTH FOOTBALL LEAGUE RULES AND BY-LAWS

As Amended July 10, 2017

1. LEAGUE COMPOSITION AND STRUCTURE

- 1.1 **LEAGUE NAME:** The league shall be known as the “Rochester Youth Football League”
- 1.2 **PURPOSE OF ROCHESTER YOUTH FOOTBALL LEAGUE:** The general purpose for which Rochester Youth Football League has been established within the meaning of IRS publication 557 Section 501(c)3 of the Internal Revenue Code of 1986 or the corresponding section of any future tax code and shall be operated exclusively for the benefit of the youth in Rochester, NH and the surrounding communities who may choose to participate, shall be to provide the opportunity, within the meaning of Section 501(c)(3), to participate in football instruction, fundamentals, competition and skills to the youth in Rochester, NH and the surrounding communities as they should choose to participate.
- 1.3 **DISSOLUTION CLAUSE:** Upon the dissolution of Rochester Youth Football League, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code, or shall be distributed to the federal government, or to a state or local government, for a public purpose.
- 1.4 **NUMBER OF TEAMS:** The Rochester Youth Football League (RYFL) shall consist of Eight (8) Rochester Youth Football Teams to be known as Red Devils, Blue Outlaws, Gold Bandits, Maroon Marauders, Black Panthers, Orange Tigers, White Lancers and Navy Blue Hill Toppers. Also included is the Team known as The Rochester Little Red Raiders. Each Team may also include with its name the name of its sponsoring entity. Although the football rules shall apply to the Rochester Youth Football League, the general Rules and By-Laws apply to all of the Rochester Youth Football Teams except where the New Hampshire Senior League Rules apply to The Rochester Little Red Raiders. In such cases, the RYFL rules shall not supersede the New Hampshire Senior League Rules.
- 1.5 **LEAGUE OFFICERS AND DIRECTORS:**
- A. **COMMISSIONER:** The administrative head of the League shall be the Commissioner of the RYFL who shall exercise the administrative authority within the League. Subject to an appeal by a vote of all the teams in the League, the Commissioner shall be empowered to interpret these Rules and By-Laws set forth herein and to establish such interim and supplementary Rules and Regulations as may be necessary for the orderly and fair conduct of the League. The Commissioner has the right to appoint a “Business Manager” for the League.
- B. **DEPUTY COMMISSIONER:** The Deputy Commissioner shall assume all responsibilities in the absence of the Commissioner.

- C. **SECRETARY:** The secretary shall record the minutes of all official meetings.
 - D. **TREASURER:** The Treasurer shall keep all League financial records with the assistance, if necessary, of the Business Manager.
 - E. **BOARD OF DIRECTORS:** The Board of Directors shall consist of the Eight (8) Rochester Youth Football League Head Coaches and one (1) Little Red Raider Coach.
- 1.5 TEAM COACHES:** The Head coach and Assistant Coaches of each team shall be elected by a simple majority vote of all the teams in the League. Each Head Coach may utilize Assistant Coaches as he deems necessary. Designated Coaches are defined under the “Protection of Players in Draft”, Section 3.5 of these Rules and By-Laws. Each team will have no more than seven (7) Coaches in total.
- A. **ALL COACHES MUST BE CERTIFIED:** All Head Coaches and all Assistant Coaches for all Teams under the jurisdiction of Rochester Youth Football League of both Football and Cheering from either the Rochester Youth Football League or Little Red Raider Team, shall be certified in accordance with the mandate of Roger Allen Park Association.
 - B. **DISCIPLINE OF COACHES:** A Head Coach may institute disciplinary proceedings against another Coach by filing a written complaint with the Commissioner. Such complaint shall specify the conduct or Rule(s) violated, which the Complainant feels justifies such complaint and the penalty which the Complainant feels should be imposed on the Coach against whom the complaint is lodged. Upon receiving such written complaint, the Commissioner shall, as soon as practicable, conduct an informal investigation in the complaint. Such investigation shall, at minimum, include interviews with the Complainant, and the Coach against whom the complaint has been filed. Upon the completion of this informal investigation, the Commissioner shall issue a written decision either dismissing the Complainant or indicating the discipline action that he intends to take against the Coach against whom the complaint was filed. Such written decision shall be given to the Complainant Coach and to the Coach against whom the complaint was made. Both parties shall have three (3) days from the date of such decision to appeal the decision to a vote of all Teams of the League by filing a written “Notice of Appeal” with the Commissioner. If an appeal of the Commissioner’s decision is filed within the time permitted above, the Commissioner shall call a meeting of all the Head Coaches as soon as practicable for the purpose of hearing such appeal. At such an appeal hearing, at which all League Coaches shall be entitled to attend, the Commissioner shall give a report of the results of his investigation and the reasons for the action he decided to take on the complaint in question. The Complainant and the Coach against whom the Complaint was filed, or their respective representatives, shall be given a reasonable opportunity to speak and present evidence in support of, or in opposition to, the Commissioner’s decision. A vote of all those in attendance shall then be taken on whether to uphold or reject the Commissioner’s decision. Neither the Team of the Head Coach bringing the complaint nor the Team of the Head Coach against whom the complaint was filed shall be entitled to vote at the

Appeal Hearing. The decision of the Commissioner shall be upheld unless a simple majority of the Teams eligible to vote reject the decision. However, should the Commissioner's decision be to remove a Coach, then a two-thirds (2/3) super majority vote of eligible Teams must be in favor of such decision shall be necessary to uphold a decision of that nature. If the Teams vote to reject the Commissioner's decision during the Appeal Hearing, any decision to take alternative action shall require a simple majority vote of all the Teams eligible to vote provided, however, that any decision to take alternative action involving the removal of a Coach shall require a two-thirds (2/3) super majority vote of the Teams eligible to vote.

- 1.6 **TEAM VOTES:** In the conduct of League affairs, the ultimate authority of the League shall reside in a vote of all the League Teams. In any such vote, each team shall have only one (1) vote. The manner in which a Team Coaching Staff arrives at how such vote shall be cast on any given issue shall be determined by such team provided, however, that the Head Coach of each Team shall have the ultimate authority to determine how this team's vote shall be cast.
- 1.7 **CHANGES IN OR ADDITIONS TO RULES AND BY-LAWS:** These Rules and By-Laws may be amended, changed or added to by the simple majority vote of all the attending Teams in the League at any Monthly Meeting or by a majority vote by the attending Teams in the League at a designated voting meeting.

2. **PLAYER ELIGIBILITY (BIRTH CERTIFICATE REQUIRED):**

- 2.1 **AGE REQUIREMENTS:** Any child who has attained the age of seven (7) years old and has not attained the age of twelve (12) years old as of August 1st of a given year shall be eligible to participate in the Rochester Youth Football League during such year, provided that such child satisfies all other pertinent provisions of these Rules and By-Laws.
- 2.2 **PARENT'S CONSENT AND MEDICAL RELEASE:** No child shall be permitted to participate in any League activity until such child or his/her parents have filed with the League a fully executed "Parent's Consent Form" and "Medical Release Form" on a form provided by, or acceptable to, the League.
- 2.3 **PLAYER MAXIMUM WEIGHTS:** There shall be a maximum weight restriction of 150 pounds for Rochester Youth Football League players who have attained the league age of eleven (11). Such an eleven (11) year old player(s) who exceed the maximum weight limit may petition the Commissioner to play at the Rochester Youth Football League level but shall be evaluated for his or her level of football skill and strength solely by the Commissioner during the Jamboree. The Commissioner shall have full discretion and shall render a final decision as to the placement of such player(s).
- 2.4 **BALL CARRIERS WEIGHT LIMITATIONS:** No Player weighing in excess of One Hundred Ten (110) pounds shall be eligible to advance the ball on offense, kickoff return, punt return or as the result of any play design. An exception is to be allowed if said Player weighing in excess of the One Hundred Ten (110) pound limit shall be the FIRST to possess the ball, as a defender, following a fumble or interception. Ball Carrying Players will be weighed in socks, shorts and shirt. In addition to the first weigh in held on or before the draft, each Ball Carrying Player will be re-weighed after their game on the

day of that player's fourth (4th) game of the season and after their game on the day of the last game of the season (only for Ball Carrying Players who will play in any post season play excluding the Pro-Bowl). All weigh-ins shall be conducted by the Commissioner or his designee and witnessed by a Head Coach from a separate team or a Head Coach's designee. Players that are above One Hundred Ten (110) pounds on any official weigh-in day will wear a striped helmet for play during the season or remainder of the season and will be ineligible to advance the ball.

- 2.5 ESTABLISHING BALL CARRYING WEIGHT AFTER THE START OF SEASON:** The players Head Coach or designee must submit a written request to the Commissioner for said player to be weighed. The petition must be submitted no later than the Sunday before the game of proposed eligibility. Such player must comply with Section 2.4 of these Rules and By-Laws. The player in question may not be weighed more than one time per petitioned week.
- 2.6 OFFICIAL TEAM ROSTER:** The Commissioner, at the time of the original players weigh in, and prior to the Jamboree, shall compile an "Official Roster" for each Team. Such Roster shall contain the name, League age and game Jersey number. As soon as practicable after such original player weigh in, the Commissioner shall provide each Head Coach with and "Official Team Roster" for each team in the League, which shall contain the aforementioned information. Once listed on a team's "Official Roster", no player's jersey number shall be changed without notice being given to the Commissioner and the other Head Coach of the Team against whom such change will be made. Notice shall include the new number which the player in question will be assigned. The proposed change must also be communicated to the Assistant Coaches. NOTE: No player shall be added to a Team Roster after September Seventeenth (17th) of any given season.
- 2.7 PLAYER TEAM CHANGING:** If an eligible player chooses to try-out and start playing in the Little Red Raider Program, he/she may not return to the Rochester Youth Football League at any time.

3. COMPOSITION OF TEAMS:

- 3.1 ANNUAL LEAGUE DRAFT:** (References to the "Draft" shall apply only to the Four (4) Teams from Rochester) Each year the League shall conduct a "Draft" on the Third (3rd) Saturday preceding the League's first regularly scheduled game for the purpose of selecting new players and filling Team Rosters. Said "Draft" shall be conducted as follows:
- A. RETURNING PLAYER ROSTER:** NO LATER than the Wednesday preceding the date set for the "Annual Draft", each Team shall submit a COMPLETE Returning Player Roster of the players from the previous season who are eligible to return pursuant to meeting the requirements outlined in Sections 2.1 and 2.2 and who have expressed an interest in returning to the Team they played for during the previous season, to the Commissioner. This Roster of verified League eligible returning players shall constitute such Team's "Returning Player Roster" and shall include a list of the Assistant Coaches for the upcoming season. Any player not on the Team's Returning Player Roster who then chooses to play must re-enter the League through the "Draft" or in accordance with Section 3.6 of these Rules and By-Laws. A player who is already on a team and is injured (i.e. broken

bones, stitches etc.) before the season starts and plans to return to their Team after the season starts must also be included in the Team's Returning Player Roster. Such a Returning Player Roster shall indicate the "League Age" of each current player on such Team, as well as the number of 11, 10, 9, 8 and 7 year olds such team will be required to draft in order to fill it's "Final Team Roster" for the upcoming season.

- B. On the date set for the "Annual Draft", a tryout shall be held for all children not already on a Returning Player Roster (including players having withdrawn from a team prior to such draft) who have filed the appropriate registration papers with the League.
 - C. Teams shall Draft in order of the previous year's finish to the "Regular Season" with the Team having the worst record selecting first, and the Team having the best "Regular Season" record selecting last.
 - D. Each age group (i.e. 11 year olds, 10 year olds, 9 year olds, 8 year olds and 7 year olds) shall be drafted separately from the other age groups with the Team having the worst record from the previous season having the first (1st) pick in each age group in so far as the drafted number of players plus the number of returning players for a particular team does not exceed the number of drafted players plus the number of returning players on the other teams participating in the draft for that age group by more than one (1) player for that age group. The order of drafting remains the same for each age group.
 - E. Within each age group, the "Draft" shall continue until the "Player Pool" for that age group is exhausted or until each team has filled it's quota of Players in that age group.
- 3.2 CONTINUITY OF TEAM ROSTERS:** Once a player becomes a member of a Team Roster, such player shall remain a member of such team from Season to Season until such player becomes ineligible to participate in the League in accordance with these Rules and By-Laws or until such child withdraws from such Team Roster in accordance with these Rules and By-Laws.
- 3.3 WITHDRAWAL OF PLAYERS IN TEAM DRAFT:** A player who is a member of a Team Roster may withdraw as a member of such Team at any time. A Player withdrawing as a member of a Team shall not participate in the League as a member of another Team until such player becomes a member of another Team by participating in a subsequent "Annual League Draft" and being selected by such Team.
- 3.4 PROTECTION OF TEAM PLAYERS IN TEAM DRAFT:** The child of a Head Coach of a Team or of up to the three (3) Assistant Coaches of a Team to be designated annually in the accordance with Section 1.4 of these Rules and By-Laws may be "Coach Protected" in the "Annual League Draft" by such Team provided, however, that a Coach of a team has moved from one Team to another and whose child was already a member of the first Team's Roster shall only be allowed to protect such child if the Coach moves to the second Team to become Head Coach. Otherwise, such Coach's child must remain a member of the original team or re-enter the "Draft" in accordance with the provisions of Section 3.2 of these Rules and By-Laws or remain on the original Team.

- A. A Team may protect the sibling of a member of that Team's Roster in the Leagues "Annual Draft". This shall be known as a "Player Protected" sibling and shall not count toward the maximum of Three (3) "Coach Protected" Players allowed for each Team.
- B. Once the Child of a coach becomes a "Coach Protected" Player, said player shall continue to be counted as one of the Three (3) "Coach Protected" Players for the duration of said Player's participation on that team. No Team shall have more than a total of Three (3) "Coach Protected" Players during any season.

3.5 FILLING TEAM ROSTERS AFTER DRAFT: The Commissioner shall maintain a list of all children having filed appropriate registration forms with the League who were not selected as members of a Team Roster in the "Annual League Draft" and of all children who shall have filed such registration forms with the League after the conduct of the "Annual League Draft". Such list shall contain the "League Age" of each child listed thereon. In the event that there were insufficient Players in the "Annual League Draft" to fill the Team Roster of each Team, the Commissioner shall assign a child filing the appropriate registration form with the League after the "Annual League Draft" to the next Team in that year's drafting order having an opening for a child of the "League Age" of that child. In the event that each team has a vacancy on its Team Roster and the Commissioner has a child or children listed on the list required to be maintained pursuant to this Section in the age category in question. Selections to fill Roster vacancies shall be made in the order in which the Commissioner is notified of such vacancies. All Team Rosters will be frozen as of September 17th of each year.

3.6 OFFICIAL TEAM ROSTER FOR "A" TEAM: Prior to the first official game of the regular season, each Head Coach shall submit an official "A" Team Roster to the Commissioner listing all team players who shall play exclusively on the "A" team during the next scheduled game. Each "A" Team Roster shall consist of a minimum of Eleven (11) players. Any player listed on the "A" Team Roster shall not be eligible to play in the "B" Game unless an exception is granted by the Commissioner as described below. The "A" Team Roster shall remain in effect for each game until the Head Coach submits an amended "A" Team Roster to the Commissioner.

- A. In the event that the "B" Team is unable to field a team of Eleven (11) players due to the "A" Team Roster containing Eleven (11) players, then the "A" Team Roster may contain the number of players less than Eleven (11) that will allow the "B" Team to field a team of Eleven (11) players.
- B. In the event of an injury to a "B" Team player where there is not an eligible player who is not listed on the "A" Team Roster, the Commissioner shall be permitted to grant an exception to allow a named player listed on the "A" Team Roster to play in the "B" Game until the injured player is able to return to the "B" Game or until the end of the "B" Game.

4. CONDUCT OF GAMES:

4.1 REGULAR SEASON GAMES: Each Regular Season game shall consist of an “A” Game and a “B” Game. Each “A” game shall consist of four (4) eight minute quarters to be played on a “stop-time” basis. Half time shall be limited to allow enough time for the Cheerleaders of team to perform their routine. A “B” game shall be played prior to the “A” Game. The “B” Game shall consist of four (4) six (6) minute “running-time” quarters. In the “B” Game, the ball shall be put into play at the beginning of each half and after each score on the defensive team’s forty (40) yard line. The Play of the “B” Game shall be conducted with change of possession after four (4) downs of play fails to result in a first down. If a punt is desired in the “B” game the ball shall be spotted twenty (20) yards from the line of scrimmage and possession changes to the opposing Team.

4.2 POINT(S) AFTER THE TOUCHDOWN(PAT) IN THE “A” AND “B” GAME: After a touchdown is scored the scoring team shall attempt a PAT. If a team scores a PAT by running the ball across the end zone line there shall be a PAT score of one (1) point. If the team scores a PAT by a forward pass either into the end zone or the team scores a PAT by a forward pass outside of the end zone and continues to run the ball across the end zone line there shall be a PAT score of two (2) points. If the team scores a PAT by legally kicking the ball through the upright there shall be a PAT score of two (2) points.

4.3 POINT AFTER THE TOUCHDOWN IN THE “B” GAME: A Team scoring a touchdown at the end of either half shall be given an opportunity to convert the “extra point” despite the fact that the time in such half shall have expired.

4.4 COACH ON FIELD: Two (2) Coaches for each Team may remain on the field during play in the “B” Game, provided that such Coaches do not interfere with the play of the game.

4.5 OFFENSE:

A. The “A” Team and “B” Team Offensive line shall consist of a Center who will legally put the ball in play. The Center shall have to his immediate right a Right Guard and to his immediate left a Left Guard. To the immediate right of the Right Guard shall be a Right Tackle and to the immediate left of the Left Guard shall be a Left Tackle. The space between the Center, Guards and Tackles shall be no more than to be within reach of the next player’s fingertips. To the right of the Right Tackle shall be a Right End and to the left of the Left Tackle shall be a Left End. Center, Guards, Tackles and Ends shall line up legally on the line of scrimmage in a three-point stance (the “Down” position). Either or both ends may be split by Eight (8) to no more than Ten (10) yards from the near Tackle and may be in a “Two (2) Point Stance” when split. Offense formations may include any formation that contains at least One (1) Running Backs and the Quarter Back under the Center or in the “Shot-Gun” position in the back field between tackles. There may be no more than two “Split Players” on each side of the ball. If two receivers are split on the same side then one receiver must be an end lined up legally on the line of scrimmage. A Split Player may be either an End or a Running Back. Game Legal Motion in the backfield is permitted so long as when the ball is put into play there are still at least One (1) Running Backs and a

Quarter Back between the tackles and no more than Two (2) Split Players on each side of the ball. No motion is permitted in the “B” Game.

4.6 DEFENSE:

Both the “A’s” and the “B’s” may use the following defenses:

- A. “Standard Five (5)-Two (2)” Defense** where there are 3 “Down” Defensive Linemen of Nose Guard, and Tackles. Defensive Ends may be in either a Two (2) or Three (3) Point Stance. There shall also be 2 Line Backers over the Offensive Guards.
- B. “Standard Four (4)-Three (3)” Defense** where there are 2 “Down” Defensive Linemen of Guards. Defensive Ends may be in either a Two (2) or Three (3) Point Stance. There shall also be 3 Line Backers One (1) over Center and Two (2) over the Tackles.
- C. “Standard Three (3)-Four (4)” Defense** where there are Three (3) “Down” Defensive Lineman on Nose Guard and Tackles. There shall also be Four (4) Line Backers over Guards and Ends.
- D. “Standard Eight (8) Gap” Defense** where there are Six (6) “Down” Defensive Linemen and Two (2) Defensive Ends (who may be in either a Two (2) or Three (3) Point Stance) lined up in the 8 Gaps of the Offensive Line. There shall also be Two (2) Corner Backs and One (1) Safety. The “Standard Eight (8) Gap” Defense may be used only when the opposing Team’s offense moves the ball inside the defensive Team’s twenty (20) yard line.

Only the “A” Line Backers and Corners may blitz. A legal blitz shall be when either an Inside Line Backer, an Outside Line Backer or a Corner Back begins his movement toward the line of scrimmage from no closer than Three (3) yards off the line of scrimmage after the ball has been put in play. Safeties shall NOT blitz and must be lined up at least Seven (7) yards off the line of scrimmage at the snap of the ball. There shall be NO blitzing permitted in the “B” game. Corner Backs, both “A” and “B” shall line align themselves at LEAST Three (3) yards off the line of scrimmage and at LEAST Three (3) yards outside of the outermost offensive lineman who is not a “Splits Player”. Line Backers, Corners and Safeties shall be permitted to adjust alignment to react to the alignment of the Offense and provide defense against passing-formations.

4.7 TIME OUTS: Each Team will be entitled to three (3) “Time Outs” per half in the “A” Game. One (1) “Time Out” shall be allowed in the “B” Game. Each Team will receive One (1) “Time Out” if “Overtime” play is necessary in the “A” Game. Officials may allow additional “Time Outs” for injury or any other purpose deemed necessary by the Official.

4.8 PLAYOFF SEEDING: The Team Seed will be determined as follows;

1. Overall Record. The team with the most wins vs. losses will be seeded first. The team with the second most wins vs. losses will be seeded second and so on. In the event two or more teams finish with the same win vs. loss record the following shall be considered Tie Breakers.
2. Head to Head Results. In the event that two or more teams have the same overall record the Team who has won the regular season game(s) between the two or more teams shall be considered to be the Higher Seed Team.

3. Common Opponent. In the event that Head to Head Results fails to settle the tie, the next tie breaker shall be Common Opponent. One point shall be awarded for each win by one team that was a loss for the Tying Team. The team, if any, with the most points shall be considered to be the Higher Seed Team.
4. Points Against. In the event that the Common Opponent fails to settle the tie, the next tie breaker shall be Points Against. This shall be determined by adding all points scored against each Tied Team. The team with the least points scored against will be considered the Higher Seed Team.
5. Coin Toss. In the event that Points Against fails to settle the tie, the final tie breaker will be a Coin Toss.

5. **EQUIPMENT:**

- 5.1 **RETURNING PLAYERS:** Players returning must not be issued equipment prior to two (2) weeks before the Draft. No player shall receive equipment until all necessary paperwork and registration form and fees are turned in to the Head Coach of the Team said child will be playing on. An exception will be granted if a player will be attending a football camp or for other such reasons that may be deemed acceptable to the Commissioner.
- 5.2 **RESPONSIBILITY FOR EQUIPMENT:** Head Coaches of the Rochester Youth Football League and Little Red Raiders Programs shall be responsible for their Team's equipment. All equipment must be turned in and accounted for by the Commissioner by the end of the November.
- 5.3 **CLEATS:** No child shall participate in any activity, practice, scrimmage or game wearing metal cleats. Metal cleats are prohibited.
- 5.4 **MOUTHPIECE:** No child shall participate in any activity involving contact unless such child shall be equipped with a mouthpiece. Said mouthpiece shall be correctly attached to the Player's facemask and correctly positioned in the Players mouth during any such contact. Mouthpieces must have a color and may not be clear.
- 5.5 **ATHLETIC SUPPORTERS:** No male Player shall participate in any practice, scrimmage or game unless wearing an athletic supporter. A protective "cup" shall be worn any time such child is participating in any League activity involving contact.
- 5.6 **FULL UNIFORM REQUIRED WHEN ENGAGED IN CONTACT:** Any Player participating in any League practice, scrimmage or game shall be dressed in full uniform when engaging in any activity involving contact. There will be no "Shorts and Shoulder Pad" practices unless authorized by the Commissioner.
- 5.7 **SUPERVISION:** No Team shall be allowed to participate in any practice, scrimmage or game unless adequate coaching supervision is present.
- 5.8 **FIELD CONDITIONS:** The physical condition of the field shall be considered by the Commissioner and the use of the field for any practice, scrimmage or game shall be at the discretion of said Commissioner.

6. COACHES CODE OF CONDUCT:

- 6.1 SMOKING:** No Coach shall be allowed to smoke, chew or vape on the practice or playing field or sideline during any practice, scrimmage or game. NOTE: any coach in violation of Section 6.1 shall be immediately removed from the coaching area (First Offense: Warning, Second Offense: Dismissal).
- 6.2 ALCOHOL OR CONTROLLED SUBSTANCE:** No Coach shall participate in any practice, scrimmage, game or any other League sponsored event or activity while under the influence of alcohol or any other “Controlled Substance”. NOTE: any Coach in violation of Section 6.2 shall be immediately removed from the coaching area (First Offense: Dismissal).
- 6.3 AWARDS:** The League shall not be responsible for the purchasing of any awards. However, the League will contribute up to \$50.00 towards an end of year banquet for each Football and Cheerleading Team/Squad. Any reimbursement shall be supported with receipts of purchase for said out-of-pocket expenses.
- 6.4 PRACTICES:** No Team shall begin any equipment related practice prior to the date of the “Draft”. After RYFL Opening Day or the week following the commencement of school, a Team shall not hold any more than three (3) practices in any given week and shall not extend in time for more than two (2) hours or after the time of seven thirty (7:30) PM. Conditioning practices may be conducted 2 weeks prior to the “Draft”.
- 6.5 RESPONSIBILITY FOR CONDUCT:** Head Coaches shall be responsible for the conduct of themselves, their Coaching Staff, their Players and the parents of the Players during all practices, scrimmages, games and any other League sponsored event or activity.
- 6.6 MEETINGS:** Head Coaches failure to attend all but Two (2) meetings annually will be penalized. If such Head Coach can not attend a meeting, he must notify the Commissioner or one of the Officers as soon as possible as to why he can not attend the meeting. He is permitted to appoint an Assistant Coach to attend in his stead to represent the Team and to participate in any vote that may arise.
- A. **PENALTIES FOR NOT CONTACTING AND NOTIFYING COMMISSIONER OR OFFICERS:**
1. Verbal Warning
 2. Next Game Suspension
 3. The Board will take a vote on such Head Coach for Dismissal
- 6.7 WORK DETAILS:** Head Coaches shall be responsible for the completion of all assigned work details associated with the field. The Head Coach is permitted to appoint an Assistant Coach to attend any work detail in his stead to represent the Team. Failure to do so will result in the following:

A. PENALTIES FOR NOT ATTENDING ASSIGNED WORK DETAILS:

1. Verbal Warning
2. Next Game Suspension
3. The Board will take a vote on such Head Coach for Dismissal

7. CHEERLEADERS: The Cheerleaders are an extension of the Rochester Youth Football League and are hereby incorporated in, and made part of the League.

7.1 RULES: The Cheerleaders will adhere to, and be governed by, the Rules and By-Laws of the Rochester Youth Football League as approved, amended and adopted by the Board of Directors of the League. All rules pertaining to the League and referenced herein, in particular Sections 1.4 B, 5.7 and 6 (excluding 6.6 and 6.7) of these Rules and By-Laws apply to the Cheerleaders.

7.2 COACHES: Team Coaches will consist of a Head Coach and no more than two (2) Assistant Coaches. All Coaches will be approved by the Board of Directors of the League prior to the beginning of the season.

8. MISCELLANEOUS RULES:

- No Stunting
- No Chop Blocking
- No Cut Blocking
- Kick return players must be of ball carrying weight to advance the ball
- A player with a Striped Helmet whose weight is in excess of 110 lbs may line up as a Tight End or in the back field as a Fullback. A Striped Tight End or Fullback will be ineligible to possess the ball either by pass, handoff, pitch, shovel pass or by any other means except a fumble recovery resulting in the end of the play. His function may be to serve solely as a blocking Tight End or Fullback.

ROCHESTER YOUTH FOOTBALL LEAGUE CHEERLEADING RULES AND BY-LAWS

1. COMPOSITION OF TEAMS:

- 1.1 **RYFL CHEERING SIBLING CONTINUITY:** Cheerleaders that have a brother or sister playing on a League Team shall be placed on the same sponsored Team as the brother or sister.
- A. All Cheerleaders that are on a Team shall remain on that Team as long as they meet the age requirements for participation.
- B. If, however, a cheerleader is assigned a Team before her Brother or Sister Player is a member of a Team, that cheerleader then has the option to either stay on the Cheerleaders existing Team or to become a member of the Team of the Brother or Sister Player.
- 1.2 **RYFL CHEERING TEAM SIZE:** Each of the Eight (8) RYFL Cheering Teams: Blue, Black, Green, Gold, Maroon, Purple, Red, Orange and White shall consist of no more than twenty (20) Cheerleaders. Each Team will have One (1) Head Coach and no more than two (2) Assistant Coaches.
- 1.3 **RYFL CHEERING AGE REQUIREMENTS:** The age of RYFL Cheerleaders shall be between the ages of Five (5) and Eleven (11) as of the date of August 1st of that cheering season.
- 1.4 **RYFL AND LITTLE RED RAIDER AGE OF TEAM COACHES:** All Team Coaches and Assistants shall be at least Eighteen (18) years of age on or before August 1st of that cheering season.
- 1.5 **LITTLE RED RAIDERS:** Those who wish to cheer for the Little Red Raider Program shall participate in a "Try Out". There shall be no more than Twenty (20) Cheerleaders on the Varsity squad and no more than Twenty (20) Cheerleaders on the Junior Varsity squad. The Varsity squad shall be the only squad to enter competitions and compete. Little Red Raider Cheerleaders, both Varsity and Junior Varsity, shall be entering school grades Six (6), Seven (7) or Eight (8) for the upcoming school year.

2. COACH RESPONSIBILITIES:

- 2.1 **REGARDING WEATHER CONDITIONS:** All Coaches and Cheerleader Squads are required to attend all scheduled games regardless of weather conditions. Games shall only be cancelled by the League Commissioner.

3. EQUIPMENT:

3.1 CHEERLEADER RESPONSIBILITY: Shall remain the property of the Cheerleader

- White Sneakers
- Bloomers
- A Team T-Shirt

3.2 RYFL WILL PROVIDE: Items that will be issued by RYFL and remain the property of RYFL. The Head Coach of each Cheering Squad will be responsible for the distribution and collection of these items at the beginning and end of the season.

- Pompoms
- Socks (will not need to be collected at the end of the season)
- Skirt
- Warm Up Jacket
- Wind Pants

4. SAFETY:

4.1 COACHES: Squad Coaches shall be responsible for the safety during all practices, games and competitions.

4.2 DURING FOOTBALL PLAY (RYFL AND LITTLE RED RAIDER): When the football is in play there will be no “Stunting”, “Lifting” or “Tumbling” of any kind. “Stunting”, “Lifting” and “Tumbling” are only permitted during Pre-Game warm ups, Welcome Cheer, Halftime Routine and during a Time Out.

4.3 ACCEPTABLE CHEERRING VENUES: Rochester Youth Football Cheering Squads shall be permitted to conduct practice at Roger Allen Park exclusively. The Black Cheering Squad shall conduct practice only in Wakefield or at Roger Allen Park. The Orange Squad shall conduct practice only in Farmington or at Roger Allen Park. The Wolfeboro Cheering Squad shall conduct practice only in Wolfeboro or at Roger Allen Park. The Somersworth Cheering Squad shall conduct practice only in Somersworth or at Roger Allen Park. The Little Red Raider Cheering Squad may conduct practice and participate at games and competitions that are at locations where a sanctioned game or competition shall be held or at Roger Allen Park provided that an “Insurance Waiver” has been obtained from the Insurance Company which holds the “Liability Insurance” for the Little Red Raiders Cheering Squad.

4.4 SIDELINE CONDUCT: Cheering Coaches shall be responsible for keeping the Cheering Squad still and quiet while any Football Coach is in front of the Cheering Squad during any game or scrimmage.

5. **PRO BOWL:**

5.1 PARTICIPATION: The RYFL Cheerleaders who are League ages Ten (10) or Eleven (11) shall be eligible to participate in the Pro Bowl Game at the end of the season. Cheerleaders from all Eight (8) RYFL Teams shall be eligible with no limit to the number of participating Cheerleaders. There shall be no Try Outs but shall be assigned a Squad by blind lottery.

- A. Each Cheerleader who participates in the Pro Bowl shall wear their original Team uniform.
- B. Cheerleading Squad Head Coaches shall be the two (2) Head Coaches whose Football Teams finished First (1st) and Second (2nd) during the regular season game schedule.